

PARENTING RESOURCES

You are not alone! Having a difficult child does not mean you are a bad parent! You simply need to be taught some extra skills to manage your child's behaviour.

Books

There are many great parenting books available. These are some of our favourites.

- "123 Magic Parenting" by Dr Thomas Phelan
www.123magic.com
- The Explosive Child by Dr Ross Greene

Parenting Courses

They are a variety available and can be accessed through different ways:

- Access Mental Health 403-943-1500 ext 1
- Local Parent Link centre www.parentlinkalberta.ca
 - Look for information on Triple P Parenting on this website.
- Local Community centre

Useful Websites

- Caring for Kids
 - Select "Behaviour & Parenting", and explore the various options
www.caringforkids.cps.ca
- Healthy Children
 - Select "Family Life", and choose "Communication & Disciplines"
www.healthychildren.org
- Children's Link
 - Select "Find Support Services", and choose "Behavioural Concerns"
www.childrenslink.ca
- Family and Community Resource Centre
 - Select "Resources", then "Information Prescriptions" and choose "Managing Challenging Behaviours"
fcr.albertahealthservices.ca

Note: This is an overview of the commonly used sources, and is an exhaustive list.